

USS Enterprise (CVN 65)

THE SHUTTLE

Saturday, October 9, 2010

Body Shots

Enterprise Sailors receive vaccinations to combat the flu

Hospital Corpsman 3rd Class Tamara M. Porter administers the flu vaccine to Information Systems Technician Isaac D. Bryant during a flu vaccination exercise.

Photo Mass Communication Specialist 3rd Class Richard J. Stevens

SAILORS OF THE DAY



Aviation Maintenance
Administration Airman
Maria J. Miramon

Q: Why did you join the Navy?

A: "I joined to gain a broader knowledge of the world and for the financial aid for school."

Q: What are your future goals?

A: "I'm going to become a teacher once I separate from the Navy."

Q: What do you do in your spare time?

A: "I like to read and listen to music."

Electronics Technician 2nd Class (SW)
Robert Montgomery

Q: Why did you join the Navy?

A: "I joined for the opportunity to see the world and for the educational benefits."

Q: What are your future goals?

A: "To complete my nuclear engineering degree and operate a civilian nuclear reactor."

Q: What do you do in your spare time?

A: "I enjoy reading novels, listening to classic music and trading stock."



Yeoman 3rd Class (SW)
Huong Q. Huynh



Q: Why did you join the Navy?

A: "I joined for the leadership skills and the ability to make a difference in the world."

Q: What is the most rewarding aspect of your job?

A: "The ability to improve my people skills by interacting with great people on a daily basis."

Q: What do you do in your spare time?

A: "I enjoy playing tennis and going to the beach."

Friday. Oct. 8

Body shots

Big 'E' Sailors receive vaccinations to combat the flu, maintain health

By MC3 Brooks B. Patton
Enterprise Public Affairs

USS ENTERPRISE, At sea – As the aircraft carrier USS Enterprise (CVN 65) is conducting its Composite Training Unit Exercise Oct. 8, the crew faces another challenge besides the rigors of these simulated war games.

The cold and flu season is here, and a Sailor's cough or sneeze could mean the spread of a potentially life-threatening virus that can directly impact the ship's warfighting capability.

Instead of thousands of Sailors waiting in line to receive shots, the creative Sailors in Big E's Medical department developed a rotation to allow the maximum number of Sailors in line that can effectively be inoculated while the remaining come back on a first-come, first-serve basis when the line is empty.

Due to the sudden nature of last year's H1N1 outbreak, the vaccination had to be manufactured after the influenza A and B vaccinations were already issued. This resulted in Sailors having to receive two shots. This year's shot includes all three vaccinations, and the short waiting time

incentivizes the effort.

It's important to receive a flu shot with all three vaccinations, as the flu is more prevalent than many think. According to the World Health Organization 49,000 people died in the U.S. alone from the virus in the 2007 – 2008 flu season, while an estimated 3 to 5 million were stricken worldwide.

The flu can decimate a ship's crew, especially due to the close-quarter living arrangement inherent to shipboard life.

"If we didn't administer the flu shot it could potentially knock out more than 50 percent of the crew and could result in many hospitalizations," said Chief Hospital Corpsman (SW/FMF) Thomas P. Dewitt, Medical department's chief of preventive medicine.


Just because a person has had the flu shot before or is not prone to getting sick, they should get the vaccination. The influenza virus is always changing, and annual vaccinations are highly recommended. Each year's shot is different from the previous.

The shot not only helps prevent people from getting sick, it also helps

you keep money in your wallet. While paying for shots can be costly, Sailors inoculated on board receive the vaccine at no cost.

"On average, Sailors save \$25 to \$35 by getting the shot through the Tricare system," said Hospital Corpsman 1st Class (SW/FMF) Michael M. Wilson, Medical department's preventive medicine technician.

All Sailors are required to receive the flu shot.

As the Sailors and Marines of the Enterprise Strike Group are gearing up for the warship's 21st deployment, and the overall health of the crew is critical to mission readiness. 

Enterprise Strike Group consists of Enterprise, the guided missile destroyers USS Bulkeley (DDG 84), USS Barry (DDG 52) and USS Mason (DDG 87), the guided-missile cruiser USS Leyte Gulf (CG 56), USNS Arctic (T-AOE 8), Carrier Air Wing 1 and Destroyer Squadron 2.

Enterprise Strike Group is conducting COMPTUEX as part of its work-ups in preparation for an upcoming deployment. For more information about Enterprise, Carrier Strike Group 12 or Carrier Air Wing 1 visit www.Enterprise.navy.mil, WWW.ccs12.surfor.navy.mil, and www.cvw1.navy.mil. You can also visit

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THE SHUTTLE

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Photo by Mass Communication Specialist 3rd Class Brooks B. Patton

An HH-60H Seahawk assigned to the "Dragonslayers" of Helicopter Anti-Submarine Squadron (HS) 11 transports explosive ordnance disposal personnel to the aircraft carrier USS Enterprise (CVN 65). Enterprise Strike Group is conducting a Composite Training Unit Exercise as part of its work-ups in preparation for an upcoming deployment.

Reds unravel, Phillies win 7-4 to take 2-0 lead

PHILADELPHIA (AP) -- Bright lights, glaring error.

Reds right fielder Jay Bruce missed a seventh-inning line drive after losing the ball in the lights, allowing two crucial runs to score, and the Philadelphia Phillies took advantage of Cincinnati's shoddy fielding to earn a 7-4 win Friday night for a 2-0 lead in the best-of-five NL division series.

After Roy Halladay threw the second no-hitter in postseason history in Philadelphia's 4-0 victory Wednesday, the Reds were determined to show their resilience.

Brandon Phillips hit a leadoff homer on Roy Oswalt's fourth pitch and the Reds built a 4-0 lead before their defense and bullpen unraveled.

"I feel like I let my team down," Bruce said. "It was in the lights the whole time. I tried to stick with it. It was a pretty helpless feeling."

The Phillies rallied against hard-throwing rookie Aroldis Chapman and his triple-digit fastball after soft-tossing starter Bronson Arroyo kept Philadelphia's hitters off balance.

The two-time defending NL champions can close out the series in Game 3 on Sunday night in Cincinnati. Cole Hamels, the 2008 World Series MVP, pitches for the Phillies. Johnny Cueto is on the mound for the Reds.

Leading 4-3, the Reds turned to Chapman to protect the slim margin in the seventh. The 22-year-old Cuban came in firing, but he hit Chase Utley with a 101 mph fastball leading off. It wasn't clear whether the ball grazed Utley's right forearm, but he didn't seem shaken.

"I'm not sure," Utley said when asked if the ball hit him. "At first, I thought it was going to hit me in the head. He throws fast. I felt like it hit me, so I put

my head down and ran to first."

Chapman saw it differently.

"No, I don't think at any time the ball hit him," he said through a translator. After Ryan Howard struck out, Jayson Werth hit a bouncer to third baseman Scott Rolen. Utley beat the throw to second on a close call. Phillips threw his arms up and Reds manager Dusty Baker came out to argue briefly.

Jimmy Rollins then hit a liner to right that Bruce turned into a two-base error. The lights were the culprit, he said, not the sea of white-and-red "Fightin' Phils" rally towels.

The ball rolled past Bruce, and Utley scored the tying run. Werth scored without a play when Phillips dropped the relay throw for another error, giving the Phillies a 5-4 lead.

"It's embarrassing," Bruce said. "I take great pride in my defense, but there was nothing I can do about it."

Enterprising Excerpts

"Everything is dangerous, my dear fellow. If it wasn't so, life wouldn't be worth living."

- Oscar Wilde

THE LEARNING CHALLENGER

By Robert Barnett

DIRECTIONS:

- Using each "Chaos Grid" number with its letter one time, arrange the numbers with their letters for the "Order Grid" so each vertical column, horizontal row, and two diagonals each ADD to numbers inside thick lined cells.
- Some correct numbers with their letters have been put into the "Order Grid" to get you started. Also, above the "Order Grid" is a "Decoded Message" clue.
- After you have solved the "Order Grid" doing as direction "A" says, put the letters from horizontal rows, from left to right, under "Decoded Message" and make words to form the answer.

ORDER GRID

CLUE: GEM TYPES

				126
				126
	80			126
42			-15	126
I			E	126
			-30	126
			L	126
126	126	126	126	126

CHAOS GRID

8	7	21	-29
E	T	R	A
54	92	-16	22
D	S	L	O
91	79	43	42
A	A	X	I
80	-15	-30	55
N	E	L	P

DECODED MESSAGE:

WebDonuts.com



If Tom Clancy was a Pit Bull